



THE GECKO ECHO
U.S. NAVAL HOSPITAL, GUAM

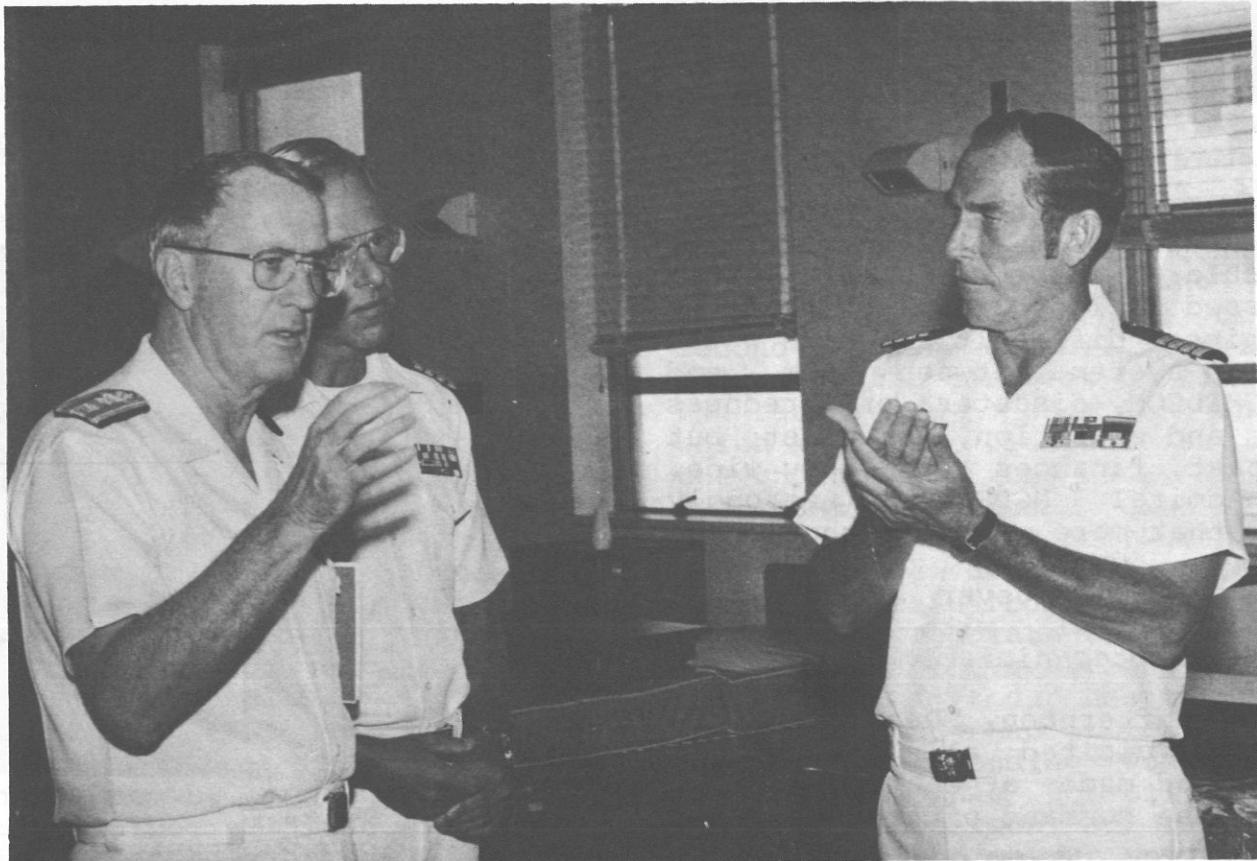


NO. 4

GUAM M.I.

JUNE 1984

VIPs VISIT NAVAL HOSPITAL



(Above, Rear Admiral McDermott, CAPT Rahe and CAPT Shuler discuss the issues.)

BY: HM1 A. XENAKES, USN

On 9 May 1984, Rear Admiral McDermott, Commander, Naval Medical Command Washington, D.C. and CAPT Shuler, Commander, Naval Medical Command, Pacific Region, arrived on Guam for a 3 day visit.

Rear Admiral McDermott's visit was a busy one, not just vacation to an exotic tropical paradise. He was picked up at the airport and whisked

away to the Naval Hospital pool to attend a "Get Acquainted" dinner function where officers and senior enlisted personnel anxiously awaited his arrival.

On the morning of 10 May 1984, Rear Admiral McDermott met with command officers and enlisted personnel to discuss recent developments and



"Picture this, Admiral!"

current opportunities of interest, and concern, to all. Aspects of particular interest that were discussed included supply, staffing hardships, difficulties with the mailing system between Guam and COMNAVMEDCOM, disaster preparedness drills and education, and last but not least, finances - military wide. Rear Admiral McDermott strongly agreed that more emphasis should be given to staffing of overseas activities: "Whoever heard of a Naval Hospital with only one orthopaedic technician?"

In the afternoon, Rear Admiral McDermott visited all the branch clinics and made a "Courtesy Call" to the base command officers.

On 11 May 1984, the command provided the Admiral and his staff with a tour of the hospital facilities and showed the VIPs our command slide presentation. CAPT H.E. Freeburn, Commanding Officer of the Naval Dental Clinic, Guam and his staff were also present and presented their data. The slide presentations included a briefing on staffing, funding and workload statistics as well as identifying problem areas.

Even though his visit was a short one, Rear Admiral McDermott obtained a great deal of information about the medical commands on Guam.

His visit should make the "policy makers" in Washington more aware of the extraordinary problems encountered at overseas medical commands.

EXECUTIVE OFFICER MAKES COMMANDER



CDR R. FERDA

Why is this man smiling? He has not one, but two very good reasons. On 14, May 1984, LCDR FERDA became CDR FERDA, proof again that the cream rises to the top. What's the second reason? The attractive young lady on his left, Miss Ann T. Borja, will soon become Mrs. FERDA. They plan to be married on 30 June 1984 in the Naval Hospital Chapel.

CAPT R.H. RAHE, MC, USN
LT E.R. GUIBLE, MSC, USNR
LCDR T. KEPLER, NC, USN

Commanding Officer
Editor
Asst. Editor

HM1 A. XENAKES, USN
HM2 S.L. FISHER, USN
HM3 M.M. SELF, USN

Reporter
Reporter
Photographer

THE CHAPLAIN'S MESSAGE



BY: LT RICHARD C. YAGESH

"Are there any who are sick among you? Let them send for the priests of the Church, let the priests pray over them, anointing them with oil in the name of the Lord; and the prayer of faith will save the sick persons and the Lord will raise them up; if they have committed any sin, their sins will be forgiven them."

This verse, taken from the Letter of James, is the opening line for the celebration of the sacrament of the Anointing of the Sick in the Roman Catholic tradition. It also contains the basic teaching of the Church as the sacrament is understood today.

To many non-Catholics, this sacrament is a mystery. To others of the Roman Catholic tradition, it continues to be misunderstood as strictly the "last rites" administered to a person at the point of death. So often people think that after the medical doctors have exhausted their efforts to save the life of a person, and he/she is pronounced "dead", only then should the priest be called in to administer the "last rites." To have this understanding contradicts the present teaching of the Church. The Anointing of the Sick must be seen as a sacrament of the living and not of the dead. As the Church has grown over the centuries in the appreciation of this sacrament as one of faith, hope, and healing, so too, is it important for others to

become more sensitive to the sacrament and its purpose, especially those who are involved with patient care in our hospitals. Looking back through the early history of the Church, in particular the first eight centuries, the sick were anointed so that they might regain their health. There is no evidence that those 'near death' were anointed or that anointing was viewed as a preparation for death. Around the ninth century, anointing became a death-bed rite with its basic purpose to offer spiritual benefits especially the forgiveness of sin, so the dying person would be prepared for death. By the twelfth century, this anointing became known as Extreme Unction, since it was offered to a person "in extremis" that is, at the hour of death. By the twentieth century, the Church through this statement of the Second Vatican Council, begins to return to the earliest teachings on the sacrament: "Extreme Unction, which may more fittingly be called the anointing of the sick, is NOT a sacrament for those ONLY at the point of death. Hence, as soon as any of the faithful begins to be in danger of death from illness or old age, the appropriate time to receive this sacrament has already arrived." The Church of today has taken this concept and adapted it to include a broader understanding of sickness, as something that not only affects our physical person, but also has a profound effect on our spirituality.

To be sick is to be cut-off from the past and the future as one is saturated with the burden of passivity of a discontent present. Sickness forbids those activities which bring us fulfillment and pleasure. It isolates us from our friends. It offers us the fearful temptation of becoming excessively preoccupied with ourselves. Sickness is a time when prayer is difficult and our will seems insignificant in the face of our weakness, medicines, and slowness of recovery. A person becomes

fragmented, frightened, and more likely to lose hope.

Can such a person find healing in the powerful presence of God and others who can bring wholeness and direction to their lives? The anointing of the sick with its visitations, acts of concern and presence, and liturgical symbols leads to such a healing and feeling of wholeness. It reassures those who are seriously ill that God has not abandoned them, but very much cares for and loves them. It helps them to see their suffering as part of those of Christ for the redemption of the World.

Sometimes we think that the purpose of anointing the sick is to restore the sick to their former health. This is a regrettable manner of thinking. This sacrament is meant to guide the sick through their illness to a fuller appreciation of their life. Anointing would be pointless if the sick simply regained their former mode of life without having grown spiritually through their sickness.

Sometimes the deeper healing of a person leads to a clinical healing as well. In other words, the grace of anointing may sometimes result in the restoration to complete health. However, it would be misleading for us to place our primary emphasis or hope on such a clinical healing. Much more likely, the sacrament of the anointing enables the Christian in spite of and through their illness to follow and identify more closely with the suffering and risen Lord in responding to the call of the Father.

As the rite of Anointing states: "Sickness and pain have always been a burden for man and an enigma to his understanding. Christians suffer sickness and pain as do all other people yet their faith helps them understand better the mystery of suffering and to bear the pain more bravely."

NAVY OFFICERS' WIVES' CLUB BAZAAR By: Bea Latham, OMSBUDSMAN

Looking for gifts at bargain prices? The Navy Officers' Wives' Club (NOWC) operates a gift shop located on Nimitz Hill across from the swimming pool near the married enlisted personnel housing area. Open to anyone with valid commissary and exchange privileges, the Bazaar's hours of operation are 10 A.M. to 2 P.M. every Tuesday and Friday and from 6:30 P.M. to 8:30 P.M. every second and fourth Wednesday.

Most of the items for sale come from the Philippines, Thailand, Korea, Hong Kong, and Japan, and range in prices from a few pennies to four or five hundred dollars. Brass, cloisonne jewelry and vases, rugs, clothing, china dishes and wicker baskets are but a few of the many items on sale. For their shoppers' convenience, there is a layaway plan with one third down and sixty days to pay off, and also gift certificates which are available year round.

Mrs. Annette Bell is currently the club Chairman, and Mrs. Valeria Bowles and Mrs. Carol Schnick are Vice Chairman and Bookkeeper. These are elected positions and new elections are held every six months.

In addition to good prices, the Bazaar serves the military community in another way. With 20% mark-up on the sale of their merchandise, profits are given to the Marianas Navy Officers' Wives' Club for college scholarships for Navy and Military dependents.

CAREER COUNSELOR SPEAKS



HMC D.L. BECK, USN

I would like to take this opportunity to introduce myself to those of you who do not know me. I am HMC David BECK, your new Command Career Counselor. The Navy has been my career for over 17 years; 10 of those years with the Marines. My assignments in the Navy have been many, including tours of duty in Montana, Hawaii and Okinawa, Japan. My duties have included assignments on wards and clinics (EENT), field duty (FMSS), Naval hospitals and reserve centers. I am certain that the experience and training that I have acquired can help you with your career. If, however, I don't know the answers to your questions, I will go to the source or sources to get the information for you. If you have any questions concerning your Naval career, come and see me now. Don't wait until it's too late.

Recently, an important annual event took place on Guam and, in particular, here at the Naval Hospital. Our Enlisted Detailers paid us a visit and interviewed and counseled over 100 of us. For many, this proved to be a beneficial visit. We were able to meet some of the people who play a significant role in steering our Naval careers. Their visit afforded us the opportunity to meet with them one-on-one and have a say in choosing our next duty station. As a result, many good questions were asked and

most of us received the answers we wanted. We also had an opportunity to view our Enlisted Assignment Document (EAD). The EAD is a condensed version of several pages from our service record and our Enlisted Duty Preferences. This document is the primary tool used in determining our next duty assignment and was quite enlightening to most of us who viewed it.

Thank you HMCM MCCOLLIGAN and HMC (soon to be HMCS) STOCKTON for your most worthwhile vist to U.S. Naval Hospital, Guam.

Sailor
of the
Quarter



HM2 M.A. WOODWARD, USN

Congratulations to HM2 Mark Alan WOODWARD, USNH Guam Sailor of the Quarter for the second quarter of FY 84. HM2 WOODWARD, Leading Petty Officer in the Emergency Room, was selected for this coveted honor because of his dedication, hard work and "can do" attitude. Petty Officer WOODWARD's technical expertise has never been in question, as he has been one of the premier instructors in the Emergency Medical Technician (EMT) Course at the Naval Hospital.

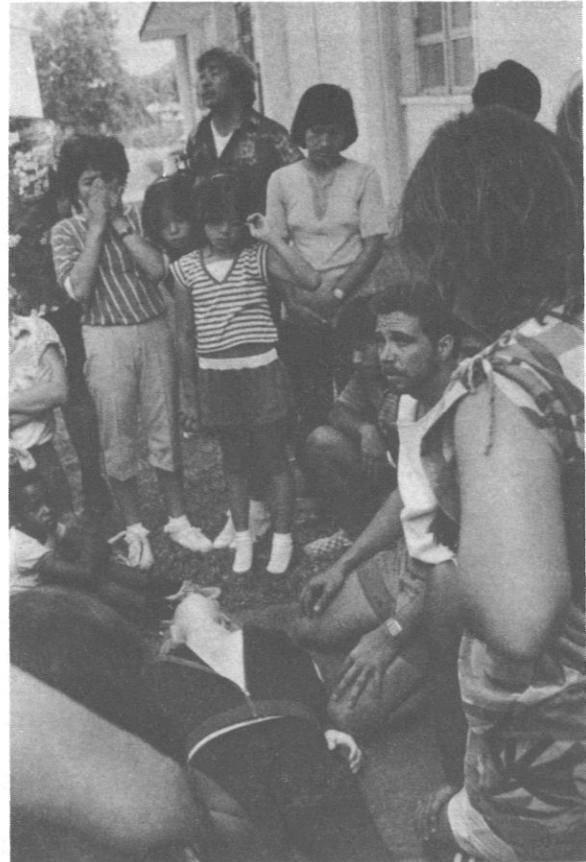
NAVAL HOSPITAL/AGANA HEIGHTS FIESTA
BY: HM2 MICHAEL G. HARGIS

On 14 April, USNH Guam and Agana Heights held their 4th annual fiesta. The purpose of the fiesta was to maintain and strengthen the spirit of friendship which exists between the USNH Guam staff and the people of the Agana Heights Village.

The event which began at noon near the Naval Hospital softball field included such activities as softball, volleyball, horseshoes, and relay races. There were also educational and cultural events which took place, including CPR demonstrations, palm leaf weaving and even instruction on the preparation of chicken kelaquen, a favorite Guamanian dish.

In addition to all the fun, there was also plenty of good food, drinks and music. Hot dogs and hamburgers were popular, but most enjoyed the delicious lumpia, pancit, and spare ribs as well. The music was provided by the Navy Band. Playing several songs, the Navy Band entertained the crowd with a variety of tunes from the past to the present.

Overall coordination of the fiesta was a team effort with CAPT RAHE and CDR FERDA providing the leadership for the Naval Hospital, and Mr. Frank PORTUSACH, Commissioner of Agana Heights and Mr. Roman Castro, Planning Council Member, doing the job for the village of Agana Heights. Mr. Castro noted, however, that it was the people from Agana Heights and the Naval Hospital that worked so hard to have this event. At any rate, "the good time was had by all."



At the left, HM1 Guy CARMAN demonstrates CPR. (and the Right Stuff that CHIEFS are made of.)



The turn-out at this years fiesta was outstanding and CAPT RAHE thinks it will continue to grow each year.



Can you weave baskets and hats out of palm leaves? The people in the picture at the left can!

EMERGENCY! EMERGENCY!

By: LCDR Joe CAPPIELLO, NC, USN

For the EMTs assigned to Naval Hospital, Guam and its Branch Clinics, the call can come at any hour. Heart Attack! Drowning! Stabbing! Motor Vehicle Accident! Gunshot Wound! The violence that often disturbs our island comes suddenly and without warning. Dispatched to the scene are the men and women of the Hospital Corps. First responders, first on the scene, first to intervene in situations where a life is often at stake. Away from the resources of the hospital, the EMT must function in an environment out of control. Often they must deal with poor lighting, a combative patient or life-threatening circumstances; conditions which we insist they adjust to and function in. We demand that they create calm from chaos, do no harm, secure an airway, give the victim a chance at survival.

In March of this year, the Command Education Department, acting on a mandate from the Commanding Officer, began an in-house Emergency Medical Technicians course. This two-week, 96 hour course is designed to prepare our Corpsmen to function in the emergency care environment. Under the direction of HML Guy CARMAN and LCDR Joe CAPPIELLO, the course has included students from Andersen AFB, Marine Barracks Guam, VQ-1 personnel, SeaBee units and home ported ships. The dedicated efforts of HM2 WOODWARD, HM2 BUCKWASH, CDR SIMMONS, LCDR SMITH, and many other nurses, doctors, and corpsmen have made the course a true team effort and one we can all share pride in. The course is offered every other month with the next starting date 05 July through 20 July.



Above, EMT students HM2 Paul KELLEY, LCPL Kent DOSSETT and HM3 Donald BAYS render care to RML BRADLEY as part of the field exercise of the most recent EMT Course.

A SAFETY TIP

FROM HMCS RANKIN

Do you own or are you thinking about buying a cordless telephone? Beware! Some cordless phones that have the ringing mechanism located in the earpiece can cause permanent, noise induced hearing loss. This is due to the sound levels of some models, which have been measured to be as high as 114 decibels. One way to avoid this danger is to simply buy a model that does not have the ringing mechanism in the earpiece.

SOFTBALL, SOFTBALL, SOFTBALL!



HM1 Les MOORES' Big Green and Gold softball team representing the Naval Hospital took the District II Intramural Championship on April 30 with three convincing wins over VQ-1 in the Play-offs. An impressive win over the Marines coupled with back-to-back victories over AIMD Blue set the stage for the Championship Series. The Hospital finished the regular season 10-2 and an overall record of 16-3. Great year Big Green and Gold and Good Luck in the second half.

CHAMPIONS!

CHAMPIONS!

CHAMPIONS!

The District II Lady Cardinals softball team which was composed of USNH Guam and Naval Air Station personnel had an outstanding season. The Lady Cardinals defeated the NAVCAMS Bluedevils in the play-offs, and went to the Philippines and defeated the San Miguel All Stars to win the South Pacific Softball Championship. Most noteworthy is their impressive statistics, a regular season record of 14 wins and 1 loss and an overall record of 19 and 2. Very impressive indeed!



The 1984 hospital softball intramural season finally came to an end with team #5 reigning as champions. On May 25th, Coach HM2 TYSON's "No-Names" took the crown by outlasting team No. 2 in the best out of 3 Play-offs for the championship.

(continued on next page)

(Sports continued)

RUNNING

The Guam Running Club sponsored a perimeter island run on April 28th totaling an awesome 60 mile course beginning and ending at Ypao Beach. The annual "Fun Run" had a 34 team field with ten members on each. The Naval Hospital finished 8th with a time of 4 hours and 39 minutes. HM3 KELLER, Team Organizer, commented that with longer preparation and more strict rules compliance by all the teams, our team could have finished even higher. Way to go Guys!



Above, as the van races ahead, MS2 Bill AULD passes the baton to fellow teammate, HM2 Bob JOHNSON.



GOLF

Operational commitments and conflicting work schedules brought a slump to a once thriving Hospital Golf Team said HMCS BRINKMAN, Team Captain. With the District II Intramural Golf League Season coming to a close, the 3rd Place Hospital Team is looking for the catalyst to propel them back to first place. Keep stroking guys.

SWIMMING NEWS

A hardy "well done" goes to the swimmers of the Naval Hospital who swam in the 4th Annual Cocos Challenge sponsored by the Red Cross on May 13th. The grueling 1.8 mile course from Bikini Island to Merizo attracted over 100 participants competing in a variety of events including snorkeling, crazy crafts, canoeing and wind surfing. Although no records were broken, the competitiveness and sportsmanship of the hospital staff was outstanding and is to be commended.

Also, congratulations to CAPT RAHE, LCDR BURKHARD, LT WEISSE, AND HML Les MOORE for their outstanding performances in the long course (a) swimming championship sponsored by the Western Pacific Swim League held at the Agana Swimming Pool on May 5th and 6th. They finished 2nd in the 200 meter individual medley and individual free relay races. Special congratulations to CAPT RAHE and LT WEISSE for their super individual performances.

And then there's mans favorite spectator sport.....

THE CAPTAIN'S CORNER



CAPT R.H. RAHE, MC, USN

As I complete my final Captain's Corner for our resurrected Gecko Echo, it is traditional to look back over a two-year tour and make mention of notable accomplishments. As I do this, I find that these accomplishments fit into three major categories - Readiness, Facilities, and Quality Medical Care. I'll review each of these in turn.

Accomplishments towards readiness have included both groups of persons and individuals. Major advances were made in our Fleet Liaison Program. As the number of homeported ships on Guam has grown, so has our program. We currently have excellent working relationships with the fleet, including all the ships and submarines that visit Guam. Readiness advances were several in our Occupational and Environmental Health Branch. Abatement of infectious disease and vector control have been two major areas of accomplishment on Guam and in the Trust Territory of the Pacific Islands (TTPI). Third, the procurement, repair and placement of hospital beds for contingency purposes has been an important readiness accomplishment. As of this month, we have over 300 beds set up and ready for use in case of typhoons or other disasters. This compares favorably to less than 100 beds readily available to meet such contingencies two years ago. We have also procured and placed 175 beds in storage, so that we can now achieve our expanded (442-bed)

capacity should we need to do so. We now have an updated and ready-to-move surgical block and a highly qualified MMART surgical team. The team now has regular training sessions which are well-attended. Finally, each of you have worked on his or her own physical fitness as an effort to improve individual readiness.

Facilities accomplishments have been especially satisfying. In many areas, I simply followed the excellent efforts of my predecessors. In upgrading clinic work spaces, waiting room areas, and hospital wards over the past two years we now have quite pleasant places in which to work. We are currently re-painting the outside of the hospital as well as fixing leaks in our roof. I succeeded with the Navy Exchange on island to achieve an upgrading of our facilities - the Convenience Store, Mini-Mart, Gas Station, Barber Shop, and the Package Store. All these facilities have now been refurbished and items carried have greatly improved. We are well on our way to completing badly needed upgrading of the Unaccompanied Officer Personnel Housing. With the help of our sister-city Agana Heights, we have beautified our hospital's perimeter with cutting of tanangtangan and planting of bettlenut trees and Bouganville. Lastly, many of you have seen the raising of a self-help project - the Guamanian hut behind the hospital.

Quality medical care accomplishments are most important. These include the upgrading of medical staff and services at our Branch Clinics. All of our Branch Clinics are now in top-notch shape, and all showed an impressive increase in services provided over the past two years. At the hospital, there has been a significant upgrading of skills and services provided in the Emergency Room. Current plans call for the

assignment of two Emergency Room physicians, rather than just one, to go to 12-hour shifts to provide high quality care across peak load times of day. (The MOOD Watch would be reduced in length accordingly.) There has been a substantial increase in purchased equipment for our ambulances and all our ambulance crews now have Emergency Medical Technician (EMT) training. Soon all our ambulance drivers will have EMT driver training. By May, all of our physicians (including the Commanding Officer) had taken Advanced Cardiac Life Support (ACLS) training. Patient care on all our wards and clinics has been of the highest caliber. This has been documented by our own Quality Assurance (QA) studies. The QA sub-committees have done exceedingly fine jobs. I was eager to re-open an Alcohol Rehabilitation Service here at the hospital and over the past 18 months this program has grown into a fine service. All of you are the real reason for our fine patient care. All doctors, nurses, and corps staff are responsible for quality medical care on a daily basis. Even under high job stress your spirit and performance never failed. For this exhalted level of professionalism and support, allow me to give all of you my personal thanks.



AWARDS/CEREMONIES

NAVY ACHIEVEMENT MEDAL

LT JOE HOOD
MSC RUBEN MANUEL HM1 ROBERT GIBSON

LETTERS OF COMMENDATION

LCDR CHARLES CONLON HM1 DAVID DOUGLAS
HMC DAVID BECK HM2 MARK WOODWARD

CERTIFICATE OF ACHIEVEMENT

HM2 ERNESTO PECSON HM3 DONALD WILLIAMS

GOOD CONDUCT AWARDS

MSC GODDFREDO TAYCO	HM2 DARLENE BAKER
HM2 DANIEL ROWE	HM2 ROMAULDO CABAL
HM2 SHELTON FISHER	HM2 ARMANDO RAMIREZ
HM2 ARLEEN GARCIA	HM3 BARBARA CLOVER
HM3 CHRIS FLETCHER	HM3 RONALD CLOVER
HM3 MARK HARRIS	HM3 BETTY WILLIAMS
HM3 MIKE MIELIMONKA	HM3 DONALD WILLIAMS
HM3 TERRY CASEY	HM3 MELANIE GREEN
HM3 DERRICK ELLIS	

ADVANCEMENTS

HM1 DAVID DOUGLAS	HM1 ANGEL ANTONIO
HM2 PAUL KELLEY	HM2 CLARICE JOHNSON
HM2 ARLEEN GARCIA	HM2 RICHARD BECK
HM2 SHELTON FISHER	HM2 HANSO TYSON
HM2 JERRY ORTIZ	HM2 CARMELO TORRES
MS2 PEDRITO SANGALANG	HM3 CHESTER SANDERS
HM3 GLADYS AREIZAGA	HM3 KATHLEEN SCHULZ

CIVILIAN AWARDS

ALICE HADLEY	GLORIA PEREZ
ARLEEN TAINATONGO	JUAN UNGACTA
GEORGE EDER	VIVIAN CONSUL